



Pumpkin Pancake Bake

INGREDIENTS

- 2 cups Kodiak Cakes Buttermilk Flapjack mix
- 1-1/2 cups unsweetened cashew milk (or almond milk)
- 1 cup Libby's 100% pure pumpkin
- 1-1/2 tsp pumpkin pie spice
- 2 tsp vanilla extract
- 1 egg
- 3 Tbsp Swerve brown sugar
- 1-1/2 cups sugar-free syrup (I use Maple Grove Farms)

NUTRITION FACTS

Serves: 6

Amount Per Serving

- Calories 182
- Total Fat 3 g
- Saturated Fat 1 g
- Cholesterol 38 mg
- Sodium 417 mg
- Carbohydrate 3 g
- Dietary Fiber 4 g
- Sugars 9 g
- Protein 11 g
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- myWW Blue: 4sp
- myWW Purple: 4sp
- myWW Green: 5sp

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray 13x9 baking pan with olive oil spray.
3. Mix all ingredients except syrup until well combined.
4. Spread mixture into pan.
5. Sprinkle with additional Swerve and/or pumpkin pie spice (optional).
6. Bake for approximately 30 minutes.
7. Cut into 12 squares (2 squares per serving)
8. Top each serving with 1/4 cup sugar-free syrup

Recipe can be found at
<https://planningushealthy.com/pumpkin-pancake-bake>